

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

**National Alliance on Mental
Illness of Waukesha County
(NAMI)**

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7 Helpline)

www.alz.org/sewi

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MARCH 2017

The ADRC Connection

TRANSITION INTO ADULthood....IT'S A PROCESS

A young person's 18th birthday marks an important milestone- leaving childhood behind and entering life as an adult. When a child with disabilities turns 18 years of age, their parents no longer automatically have the ability to handle their medical or financial affairs, regardless of the severity of their impairments. As an adult, an individual has the right to vote and could be chosen to serve for jury duty. An individual has the right to be completely independent from parental control, as parents are no longer legally responsible to provide support.

Guardianship can be considered when a person does not have the mental capacity to make decisions that meet their needs for health and safety. Parents should begin pursuing guardianship or related alternatives at least 6 months before their child's 18th birthday, as the legal process for appointing a guardian may take several months.

The Aging and Disability Resource Center (ADRC) can provide guidance to families exploring guardianship or other alternatives such as a representative payee, Power of Attorney for Health Care or Finances, in addition to navigating the benefits that become available to adults with disabilities at 18 years of age. Preparing and planning for transition is about future education, work plans, living arrangements, and finances. A adult becomes eligible for Supplemental Security Income (SSI) the first full month after their 18th birthday. Children already receiving SSI benefits undergo a redetermination of their eligibility.

The time before the 18th birthday month can be used to gather medical records and assemble the information about the disabling conditions, to avoid delays in eligibility for SSI. A Disability Benefit Specialist from the ADRC is available to help families with these forms.

Publicly Funded Long Term Care Programs are available and provide a wide range of long-term support services to eligible members. We encourage families to contact the ADRC at (262) 548-7848 six months before their child's 18th birthday for these resources. **Transition: A Transition Guide for Young Adults with Special Needs and/or Disabilities** is available to further assist young people and their families in this process. Call the ADRC to request a copy of this guide or access it on-line through the ADRC's website at www.waukeshacounty.gov.

Area Schools Partner with Senior Dining Centers

The passage of the Individuals with Disabilities Act (IDEA) in 1990, mandates school districts to provide transition services for students with disabilities in order to improve post high school outcomes.

Transition services are activities that prepare students with disabilities to move from school to post-school life. The activities must be based on the student's needs, preferences, and interests, and may include activities such as community experiences, development of employment and other post-school adult living objectives, daily living skills and vocational assessment. To help meet these requirements, some school districts have developed community-based transition options. These service options are designed to support students who need to continue to work on transition goals even after they have finished the requirements for graduation. Some of these include an opportunity to interact with same age peers in age-appropriate settings and provide further transition skills and employment opportunities in the community. The Aging and Disability Resource Center has partnered with three area high schools to encourage transition students to volunteer their services. Students are provided the training to learn new vocational skills as well as have an opportunity to improve social and communication skills while helping seniors. For the past three years the Oconomowoc and Sussex Senior Dining Centers have enlisted the help of student volunteers from Oconomowoc, Pewaukee and Sussex Hamilton High Schools. Students are learning new vocational skills in food management and customer service, while experiencing the joy of helping others. Nick Quarne, the Sussex Senior Dining Manger had this to say regarding the program, "I like to see the students grow and develop as young adults. It is cool to see them enjoy themselves and develop new skills. I like watching the senior diners interact with the students and everyone appreciates the work the students do." The senior dining center appreciates the volunteers who assist with the packing of home delivered meals, setting up of congregate meals and meal service. It has been a win-win for both the students and the dining sites.



Pewaukee students: Ryan, Noah & Samantha



Sussex students



Noah serves Thomas

Sauce Albert-

A perfect complement to a corn beef and cabbage dinner



Step 1- Prepare a basic white sauce

In a 1.5 quart saucepan, melt 2 tablespoons of butter over low heat. Stir in 2 tablespoons of white flour, $\frac{1}{4}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of black pepper. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Gradually stir in 1 cup of milk. Heat to low rolling boil, stirring constantly, boil and stir 1 minute.

Step 2- Remove white sauce from heat and add:

3 Tablespoons of prepared horseradish
2 Tablespoon of whipping cream or half and half
1 teaspoon of sugar
1 teaspoon dry mustard
1 tablespoon white vinegar
Reheat but do not boil. Serve immediately.

Makes 1 cup



Tax Day is Tuesday April 18th Make sure to file by Midnight!

Free Tax Assistance

Including Homestead Tax Credit

AARP offers Tax Assistance by **appointment only** at the following locations:

(Provided by trained AARP volunteers)

Brookfield Library, Tuesdays 9:00am-3:15pm, call 262-782-4140 (when prompted press option #1)

Menomonee Falls Library, Fridays 9:30am-3:30pm, call 262-255-8460

Mukwonago Library, Mondays 9:00am-1:00pm, call 262-363-6411

Muskego Library, Tuesdays 9:00am-2:00pm, call 262-971-2100

New Berlin Library, Wednesdays 9:15am-2:00pm, call 262-785-4981

Oconomowoc Area Senior Center, Tuesdays 9:00am-4:30pm, call 262-567-3360

Sussex Civic Center, Mondays 9:30am-3:00pm, call 262-246-5181

Waukesha Landmark Credit Union, Tuesdays and Thursdays 9:30am-2:00pm, call 262-796-4500



The Volunteer Income Tax Assistance (VITA) program offers free tax help to all ages. IRS-certified volunteers provide assistance. Appointments are available Monday through Saturday from 9am-noon as well as Tuesday and Thursday from 4:30pm-6:30pm. La Casa de Esperanza VITA site location:



La Casa de Esperanza, 202 E Broadway Avenue, Waukesha

Be sure to bring with you:

- Your photo I.D
- Social Security Card
- Last year's taxes
- All 1099 forms
- W-2 Forms from any employers
- Social Security statement (SSA1099)
- Original rent certificate
- Copy of property tax bill

If you have health insurance on the Marketplace, bring along your ACA (Affordable Care Act) 1095A form. The ACA form can be obtained from the Marketplace and shows how much you paid in 2016 and your 2016 tax credit. If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the library or your local post office.

Ask Ina

Dear Ina,

I am not exactly sure what the Aging and Disability Resource Center can help me with, and where do I need to live in order for someone to help me there?

“Baffled Billy”



Dear Mr. Billy,

The Aging and Disability Resource Center of Waukesha County serves the municipalities in Waukesha County. Those include Big Bend, Brookfield, Butler, Chenequa, Delafield, Dousman, Eagle, Elm Grove, Genesee, Hartland, Lac La Belle (partly in Jefferson County), Lannon, Lisbon, Menomonee Falls, Merton, Mukwonago (Partly in Walworth County), Muskego, Nashotah, New Berlin, North Prairie, Oconomowoc, Ottawa, Pewaukee, Summit, Sussex, Vernon, Wales, Waukesha. Each county has an Aging and Disability Resource Center. If you are uncertain of your county of residence, contact your local municipality.

The Aging and Disability Resource Center of Waukesha County is a central source of information, assistance and access to community resources for older adults (age 60+) and adults with physical or developmental disabilities, adults with mental health or substance abuse concerns, and caregivers. Personalized assistance is available at the resource center, over the telephone, or in visits to an individual's home.

Core services of the ADRC include: Information and assistance, long-term care options counseling, Elder and Disability Benefits Counseling, Adult Protective Services, outreach and health promotion/prevention. The ADRC has a resource guide available [online](#) and in print that can help you find services in Waukesha County. For further information and assistance, please call (262)548-7848, office hours include Monday through Friday from 8am-4:30pm.



After hours, please call IMPACT 2-1-1 (dial 211 or toll free 1-866-211-3380).

“Laughter is timeless. Imagination has no age. And dreams are forever.”
- Walt Disney

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

March 9, 2017 from 10:00 am to 12:00 pm - New Berlin Library Community Room, 15105 Library Lane

Living with Alzheimer's

*Join us for a humorous and heartfelt talk on caregiving for persons with dementia.
Former Wisconsin Governor Martin J. Schreiber will share his story of true love
and the stark reality of Alzheimer's disease.*

Refreshments will be Provided

Questions and Replies to Jean Lazarus 414-352-1966

www.eldercarefocusgroup.com

Put Your Best Fork Forward!

Timeless Tips

- 1.) Eat healthy foods that you enjoy.
- 2.) Practice cooking at home
- 3.) Substitute healthier ingredients in recipes
- 4.) Pay attention to your hunger cues.
- 5.) Find activities that you enjoy and be physically active most days of the week.

March is National Nutrition Month, a time where we can once again focus on healthy eating! This year's focus is called, "Put Your Best Fork Forward" which reminds us that every bite counts and that we can all commit to making small changes with our meals.

Original Food	Substitute	Why
Butter (in cooking)	Olive Oil	Healthy Fat Vitamin E
Butter (in baking)	Applesauce Mashed Banana	Less Fat Lower Calories
Mayonnaise	Avocado	Healthy Fat Unique Flavor
Sour Cream	Plain Yogurt	Less Fat More Protein
Iceberg Lettuce	Spinach Watercress Kale	More Vitamins More Minerals
White Flour	Whole-Wheat Flour	More Fiber More Vitamins
Ground Beef	Lean Ground Turkey Cooked Lentils	Less Fat More Nutrients from lentils



**FOOD
WISE**
Healthy choices, healthy lives.

**UW
Extension**
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

The Joy of Caregiving

An uplifting series for family caregivers



The Aging and Disability Resource Center (ADRC) of Waukesha County, in partnership with the Caregiver Coalition of Waukesha County, presents a **FREE** monthly speakers' series for caregivers. Sessions will be held at different locations throughout the county. Each session will take place from 9:30am – 11:30am. **Pre-registration is highly encouraged** as seating may be limited.

With advance notice, off-site respite care may also be available for your loved one. Please mention the need for respite care at the time of registration. Please register no later than one week prior to each event to reserve a seat. **To register to attend and to request respite, please contact the ADRC 262-548-7848.**

This session intended for caregivers only



Tuesday, April 4th, 2017 at Three Pillars Senior Community,
375 State Rd. 67, Dousman, WI 53118

Time to Reflect on the Joy, Gift and Challenge of Caregiving
Sr. Marianne Muscott from the St. Ann Center for Intergenerational Care will help lift your spirits and connect you with sources of positive energy.

This session intended for caregivers only



Tuesday, May 2nd, 2017 at Dickson Hollow Senior Living,
W156N4881 Pilgrim Road, Menomonee Falls, WI 53051

Elizabeth Boeck from The Healing Space on Main in Menomonee Falls will show you how to increase your energy and overall well-being, while decreasing depression and stress through laughter.

This session intended for caregivers and their care recipients



Tuesday, June 6th, 2017 at Elmbrook Church,
777 S. Barker Road, Brookfield, WI 53045

Dawn Kocaja, Accessibility Coordinator from the Milwaukee Public Museum.

The ADRC of Waukesha County extends its gratitude to our Caregiver Coalition community partners for helping to make this series possible!



alzheimer's association®

Caregiver Support Groups

Do I need it?

Isn't it just one more thing to do?

Coping with the day-to-day problems and physical care of a person with Alzheimer's disease or another form of dementia is both emotionally and physically draining. It is different from many other illnesses, and because the disease may cause personality and behavioral changes in your loved one, you may find yourself feeling embarrassed, impatient, exhausted and even angry. We are left feeling that no one understands what is happening in our daily lives or the frustration we feel.

With other caregivers, it's easier to share your feelings. You may have a lot of mixed feelings, and it is hard to know what to do with them – sharing with our loved one is no longer possible.

At support group meetings, heads nod with a lot of understanding as you speak. You can feel a sense of relief, the release of pent up tension that comes with knowing your problems or emotions are not so different and that you are not alone.

You can share as little or as much as you want to. If you only want solid information and how-to's, that is fine. You'll be part of a group where people can talk together, cry together and laugh together. You may find new friends, form special relationships or just find it helps you cope with day-to-day life.

Support Groups in Waukesha County

2 nd Tuesday of the month	1:30-3:00 p.m.	Elmbrook Hospital
4 th Tuesday of the month	2:00-3:00 p.m.	Congregational Home
2 nd Monday of the month	6:30-8:00 p.m.	Menomonee Falls Fire Dept
1 st Thursday of the month	1:30-3:00 p.m.	Menomonee Falls Library
3 rd Tuesday of the month	6:30-8:00 p.m.	St. Paul's Lutheran, Muskego
2 nd Tuesday of the month	4:30-5:30 p.m.	Linden Ridge
1 st Tuesday of the month	6:30-8:00 p.m.	New Berlin Library
1 st Wednesday of the month	6:30-8:00 p.m.	St. Jerome Catholic, Oconomowoc
1 st and 3 rd Tuesday of the month	10:00-11:30 a.m.	Shorehaven

For more information regarding these and other support groups offered by the Alzheimer's Association contact our **24/7 Helpline at 800.272.3900**.

alzheimer's  association®

Southeastern Wisconsin Chapter

620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 –Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 – Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 –Nick Sussex Civic Campus N64W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

Waukesha County Health & Human Services Center
Outpatient Clinic Substance Use and Mental Health Therapist Assessments
514 Riverview Avenue
Waukesha WI 53188

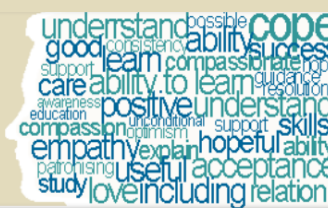
The Mental Health Clinic now offers Open Access for Assessments. The hours are:

- **Monday 12:30 – 4:00 PM**
- **Tuesday thru Friday 8:00 – 10:00 AM & 12:30 – 3:00 PM**
- **Be prepared as this process may take up to 2.5 hours**

Please bring the following with you:

- **Insurance cards, including Medicaid and Medicare**
- **Your current medication list**
- **Children should be accompanied by a parent or guardian**

Please contact your insurance to verify that our clinic is in network with your insurance prior to coming in. If your insurance is not in network or does not offer out of network benefits, you may be held liable for the cost of the services.



Please call 262-548-7666 with any questions.



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU March 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>PLEASE NOTE: 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p>		Macaroni & Cheese Cottage Cheese Green Beans Dinner Roll w/butter Pears Apple Pie Alt. Apple Slices	Beef w/Broccoli Vegetable Fried Rice Egg Roll Sweet & Sour Sauce Mandarin Oranges Almond Cookie Alt. Sugar Free Cookie	Tomato Juice Crab Pasta Salad Croissant Lettuce /Tomato Peach Half Frosted Yellow Cake Alt. Fruit
6	7	8	9	10
Swedish Meatballs In Gravy Egg Noodles w/ gravy Brussels Sprouts Fresh Orange Bread/Butter Butterscotch Pudding Alt. Diet Pudding	Cream of Broccoli Soup Saltine Crackers Shaved Turkey on Kaiser Roll / Mustard Fresh Apple Dessert Bar Alt. Plain Cookie	Stuffed Cabbage Roll Mashed Potatoes with gravy Harvard Beets Rye Bread w/ butter Tapioca Pudding Alt. Fresh Orange	Lemon Pepper Chicken Breast Garlic Mashed Potatoes California Blend Veg Bread/Butter Fruited Gelatin Alt. Sugar Free Gelatin	Johnny Appleseed Day Oven Baked Ham Baked Sweet Potato w/Butter Sweet Green Peas Texas Toast w/ Butter Fresh Apple
13	14	15	16	17
BBQ Shredded Beef Wheat Bun Baked Beans Whole Kernel Corn Sliced Peaches	Shepard's Pie Spinach Salad with Dressing Irish Soda Bread w/ butter Green Gelatin w/ Pears Alt. Sugar Free Gelatin	St. Patrick's Day Sliced Corned Beef and Swiss on Rye Bread mustard pkt Parsley Potatoes butter Cabbage & Carrots Mint Frosted Brownie Alt. Sugar Free Cookie	Chicken Stew Mashed Potatoes Stewed Tomatoes Whole Grain Bread / Butter Spiced Apple Slices	Breaded Fish Tartar Sauce Mac & Cheese Creamy Coleslaw Rye Roll w/ butter Shamrock Cookie Alt. Banana
20	21	22	23	24
Chicken Breast in Mushroom Cream Sauce with tomatoes Garlic Mashed 5-way mixed Veg Wheat Roll w/ butter German Chocolate Cake Alt. Fresh Orange	Smoked Pork Chop Smoky Steamed Spinach with Bacon Baked Beans Cornbread Muffin w/ butter Chilled Peaches	Buffalo Ranch Chicken Breast Ranch Mashed Potatoes Bread w/Butter Carrots & Celery w/ Dip Tropical Fruit Ginger Cookie Alt. Sugar Free Cookie	Oven Baked Ham Scalloped Potatoes Green & Wax Bean Medley Rye Bread / Butter Banana Cream Pudding Alt. Banana	Tuna Noodle Casserole Diced Carrots Whole Grain Bread w/ Butter Oatmeal Raisin Cookie Alt. Fresh Fruit
27	28	29	30	31
Smoked Polish Sausage on Hot Dog Bun Ketchup & Mustard German Potato Salad Pickled Beets Rice Krispies Treat Alt. Canned Fruit	Baked Chicken on bone Fresh Sweet Potato w/ butter Vegetable Du Jour Biscuit w/ butter Molasses Cookie Alt. Fresh Apple	Sliced Roast Pork Cranberry Glaze Yukon Mashed Potatoes Peas and Carrots Multigrain Bread w/ butter Cinnamon Applesauce	Spaghetti w/ Italian Sausage Meat Sauce Italian Bread w/ butter Green Beans Fresh Banana Raspberry Sherbet Alt. Raspberry Yogurt	Grilled Chicken Caesar Salad Croutons, Parmesan Caesar Dressing Split Top Roll w/ butter Fruit Cup Iced Brownie Alt. Fresh Orange

Evidence-Based Health Promotion Program

This month's featured workshop: Chronic Pain Self-Management

In partnership with Preventive Health Strategies and Security Health Fund, Waukesha County is the first county in Wisconsin to offer the Chronic Pain Self-management workshop to our older adult residents. Developed by Stanford University this high level evidenced based program helps adults dealing with the day-to-day challenges of living with ongoing or chronic pain. Specifically designed for adults living with chronic ongoing pain caused by such conditions as arthritis, headache, fibromyalgia, neuropathy and backache. Participants gain knowledge and develop self-management skills to build confidence to meet the challenges of daily life,

Created in 1995 and released for public use in 2015, this six week workshop covers such topics as:

- ◇ Debunking the myth of Chronic Pain
- ◇ Symptom management skills
- ◇ Dealing with stress and difficult emotions
- ◇ Learn to safely maintain physical activity and improve flexibility
- ◇ Develop communication skills to effectively work with health care providers
- ◇ Build Action Plans to maintain a happier healthier self.

Join us for this workshop at the following locations:

ADRC of Waukesha County

HHS building room 113

Thursdays, March 23– April 26
4:00—6:30 pm
To Register, call
262-548-7848

Muskego Public Library

Common Room

Wednesdays, April 5—May 10
1:00– 3:30pm
To Register, call
262-791-2100

Aurora Medical Center– Summit

Gifford Room

Mondays, May 1—June 5
1:00—3:30pm
To Register, call
888-863-5502

For additional information about this or other prevention workshops offered, please contact:

Lee C., Community Health Education Coordinator @ (262) 548 - 7848



Ronda Bauer, ADRC Dementia Care Specialist, will be conducting Community Memory Screens at some area libraries over the next few months. If you would like to book a time for a memory screen at a library on the dates below, please contact Ronda at 262-548-7650.

If you are concerned about memory loss and you would like a brief assessment completed with information you can take back to your doctor, you can have a memory screen completed.

New Berlin Public Library– 03/15/17

Pewaukee Public Library—04/12/17

Waukesha Public Library– 03/23/17

Menomonee Falls Public Library 05/22/17

Elm Grove Public Library– 03/29/17

DAYLIGHT SAVING TIME



Not everyone in the United States “springs forward and falls back.” Hawaii and Arizona, with the exception of Arizona’s Navajo Nation, do not observe daylight saving time (DST), and the U.S. Territories of American Samoa, Guam, Puerto Rico, the Virgin Islands and the Northern Mariana Islands remain on standard time year round.

DST in the United States was not intended to benefit farmers, as many people think. The sun, not the clock, dictated farmers’ schedules. DST adds one hour to standard time with the purpose of making better use of daylight and conserving energy.

In July 1908, Thunder Bay in Ontario, Canada became the first location to use DST. Germany became the first country to introduce DST on April 30, 1916. The rationale was to minimize the use of artificial lighting in order to save fuel for the war effort during World War I.

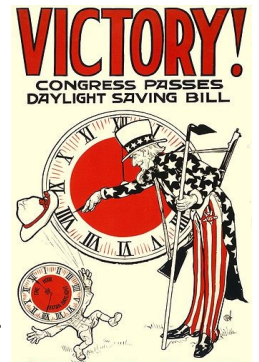
From 1945 to 1966, there were no uniform rules for DST in the US and it caused widespread confusion especially for trains, buses, and the broadcasting industry. As a result, President Lyndon Johnson signed the Uniform Time Act of 1966. It stated that DST would begin on the last Sunday of April and end on the last Sunday of October. However, states still had the ability to be exempt from DST by passing a state ordinance.

In 1972, Congress revised the law if a state was in two or more time zones; the state could exempt the part of the state that was in one time zone while providing that the past of the state in a different time zone would observe DST. The Federal law was amended in 1986 to begin DST on the first Sunday in April.

In 1968, Congress amended the Uniform Time Act by changing the beginning of DST to the first Sunday in April and having the end remain the last Sunday in October. These start and end dates were in effect from 1987 to 2006.

By the Energy Policy Act of 2005, DST was extended in the US beginning in 2007, with DST beginning on the second Sunday of March and ending the first Sunday of November.

DST is not in use in over 70 countries worldwide and affects over a billion people every year. The beginning and end dates vary from one country to another. If you intend to travel to different states or countries, consider planning for DST!



**Remember to turn your clock forward one hour on
Sunday, March 12th!!**

**March is
Developmental
Disabilities
Awareness Month**

Since 1987, March has been designated as Developmental Disabilities Awareness Month. This month highlights the contributions and needs of the estimated four million Americans living with a developmental disability.

Learn how the [Administration on Intellectual and Developmental Disabilities](#) is advancing the concerns and interests of individuals with intellectual and developmental disabilities through an array of programs funded under the [Developmental Disabilities Act](#).

In recognition of Developmental Disabilities Awareness Month, please read the [blog post](#) by Administration on Intellectual and Developmental Disabilities Commissioner, Sharon Lewis.

If you receive a hard copy of this ADRC Connection newsletter, you can find all of the above information on the US Department of Health and Human Services Administration for Community Living website at <https://acl.gov>.

From the Desk of Your Benefit Specialist

Elder Rights Project Helps Victims of Elder Abuse

Legal Action of Wisconsin and Wisconsin Judicare are pleased to announce that they will provide statewide civil legal aid to elder abuse victims through the Elder Rights Project (ERP). The ERP seeks to help elder abuse victims in Wisconsin become safe and independent, stabilize their lives, and meet their emotional and physical needs by resolving their critical civil legal problems. Fees and fines imposed on criminals (through the Victims of Crime Act or VOCA) are making these civil legal aid lawyers for elder abuse victims possible.

“As part of a coalition of providers throughout the state, we found that Wisconsin’s elder abuse victims were facing critical civil legal problems, with virtually no legal services available to solve them,” said ERP Director Nicole Zimmer. “The gap was too dangerous to ignore: Civil legal problems affect elder abuse victims’ safety, physical/mental health, and their overall quality of life. But with the help of a lawyer, these elders can get to safety, access health care, and stabilize their lives.”

The ERP helps address the large gap in Wisconsin’s crime victim services system, as seniors increasingly find themselves targets of financial exploitation and physical/emotional abuse. The Wisconsin Department of Health Services (DHS) estimates that for each case reported, five remain unreported—and our state’s elderly pay the price.

“Elder abuse does not discriminate. It happens to men. It happens to women. City dwellers and rural citizens are at risk, and more often than not, the abuse occurs in the home at the hands of a perpetrator the victim knows and trusts,” said Zimmer. “The Elder Rights Project now has attorneys stationed in both rural and urban communities to help with the legal fallout of abuse.”

The civil legal problems that stem from elder abuse can be severe. Civil legal aid attorneys at the ERP will protect elders’ rights by helping to appoint trusted representatives as conservators, guardians, and powers of attorney. When appropriate, ERP attorneys can file petitions to review the conduct of powers of attorney and seek revocation of abusive agents. Elder abuse survivors can find themselves facing eviction, needing help in obtaining injunctions against their abusers, and working to repair their credit and recoup money, property or other assets that were stolen by abusers through exploitation or identity theft. Attorney advocates can provide critical assistance with these issues.

“Depending on their age and health, elder abuse victims may be facing physical and mental limitations that make tackling complex legal issues virtually impossible, especially when they’re up against an abuser who has scared and intimidated them. We are proud to bring them free legal services, provided by attorneys who have in-depth knowledge of victimization, trauma, and the impact diminished capacity can have on a case,” said Zimmer.

The ERP has one statewide phone number for intakes and referrals. For more information or to get civil legal aid for elder abuse victims age 60 and over (regardless of income), call **844-614-5468**

ERP staff are also actively engaged in educating the public on the devastating impact of elder abuse, and how we can work together as a community to combat the problem. Community groups and civic organizations that are interested in joining the effort should contact ERP Director Nicole Zimmer at 414-278-7722.



Turning 65?
Need Medicare?

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Your oral health What does this mean for you?

It really comes down to more than “good teeth.” Oral health is integral to general health, wellbeing, and a determinant of quality of life – no matter the age. It allows us to speak, smile, taste, chew, swallow, and kiss.

Just like other parts of your body, your mouth changes throughout your lifespan. The health of your mouth is connected to the overall health of the rest of your body. Diet, stress, smoking, and alcohol use can affect the mouth, gums, and teeth. In addition, there are several medical conditions that have a direct correlation to our oral health, such as:

- **Diabetes** – reduction in body’s resistance to infection and gum disease appears more prevalent among those with diabetes.
- **Endocarditis** – the lining of your heart can become infected when bacteria in the mouth spreads throughout your bloodstream and attaches to damaged areas in the heart.
- **Osteoporosis** – research suggests a connection between this condition that affects bones and bone loss in the jaw – which supports and anchors the teeth – and can lead to tooth loss.
- **Cardiovascular Disease** – possible link between the inflammation and infections that oral bacteria may cause to blocked arteries and stroke.



The bacteria found in the mouth vary – some are harmless, while many cause cavities and gum disease. Most of these bacteria thrive on the film on our teeth called plaque, and causes tooth decay (cavities). Brushing **twice a day** and flossing daily can keep the bacteria under control, along with the body’s natural defenses. If traditional flossing is difficult for you, alternative devices such as flossing picks or floss holders can help. And don’t forget to replace your toothbrush every 4 months! Frayed bristles will not clean the teeth and gums adequately. Also, viruses and bacteria from a person’s mouth can live for weeks on a toothbrush surface, and can cause illness.

A healthy diet contributes to the prevention of poor oral health. Sugars from candies, soft drinks, and fruit juices play a significant role in tooth decay, and consequently in enamel destruction. Enamel plays a very important role in protecting your teeth from decay, so it is important to do everything that you can to prevent your enamel from eroding. Water is your best drink! Certain foods that contribute more calcium to your body can help protect enamel – dairy products, calcium-fortified drinks and foods, as well as greens, sardines and salmon, and soybean products are good choices. In addition, Vitamin D is shown to help the body eliminate bacteria. Also, be aware that some prescribed medications’ side effects can contribute to mouth and teeth problems. Ask your doctor about how to decrease these concerns.

Smokers have four times the risk of developing gum disease than non-smokers. Tobacco use, any kind, in addition to heavy alcohol use can lead to greater risk of oral and throat cancers.

Decrease your risk for oral health problems by following these simple self-care guidelines, but also see your dental provider regularly for a checkup, professional cleaning and x-rays. Your smile will thank you!



Part-time Paid Opportunities for Older Workers

Are you age 55 or older, with a limited income, or unemployed looking for work? Wisconsin Senior Employment (WISE) may have the right opportunity for you. Upgrade your skills while helping your community. Clerical, Customer Service, and Custodian openings in Waukesha County.

Call for details: 920-469-8858 or email: darice.hannon@gwaar.org. SCSEP guidelines apply.

“Top O’ The Morning to You “

Hello, lads and lasses! Paddy O’Grady , leprechaun and historian coming to you from Ireland. I’m taking a break from my cobbler shop and donning my best green suit to share some little known secrets from the Emerald Isle’s most well-known holiday. After all, ‘tis my favorite time of year, and St Patrick’s Day is filled with fun and interesting facts and activities. So, grab your pint of Guinness, park your shillelagh, and settle in for a little journey through the land “across the pond.” I will share some surprising facts and perhaps even a wee joke or two!



- St Patrick’s Day is known and celebrated around the world.
- Saint Patrick himself was actually British, most likely born in the late fourth century.
- The shamrock, a symbol of the Trinity , actually also appeared on coins in the late 1600s called “St Patrick half pennies” , which had an image of the saint holding a shamrock and preaching to a crowd.
- Food plays an important role in St Patrick Day celebrations, as does the color green.
- Did you also know that the “pot of gold at the end of the rainbow” you hear about is actually the all the money we earn from being cobblers to the wealthy , as they don their finery and enjoy feasts of corned beef and cabbage and soda bread?
- Green beer has also been known to bring many to their feet to do the Irish jig!

Next year, I hope to travel to the States to see the green river in Chicago, and all the parades across the US. Anything is possible with a little Irish luck.. My cousin Rory found his fortune on a Lucky Charms box! If you spot me, make sure you hug me tight, and I will grant you three wishes. Otherwise I will disappear, and you will wonder if really saw me, or had too many pints!

Well, I promised you an Irish joke! So in closing: Why don’t you iron four-leaf clovers? Because you don’t want to press your luck! (Guess I’ll stick to being a cobbler !)... Your pal Paddy

What’s happening at your local library?

Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don’t have a library card or if you live in a different town. Here is a sampling of some of the programs and activities scheduled for March. If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.

Alice Baker Public Library 820 E. Main St Eagle, WI 53119 (262) 594-2800 http://www.alicebaker.lib.wi.us	Brookfield Public Library 1900 N. Calhoun Rd Brookfield, WI 53005 (262) 782-4140 http://www.ci.brookfield.wi.us/38/Library	Delafield Public Library 500 Genesee St Delafield, WI 53018 (262) 646-6230 www.delafieldlibrary.org
STOP Senior Fraud and Scams Tues. March 21 at 11:00-12:00 p.m.	Gardening Tips For Improving Your Home’s Curb Appeal Thurs. March 16 at 7:00 p.m.	Shop Talk Lecture: “Serving Wisconsin’s Aging Population” Thur. March 23 at 6:30 p.m. Registration required
Elm Grove Public Library 13600 Juneau Blvd Elm Grove, WI 53122 (262) 782-6700 http://elmgrovelibrary.org	Menomonee Falls Public Library W156 N8436 Pilgrim Rd Menomonee Falls, WI 53051 (262) 532-8900 http://menomoneefallslibrary.org	Pauline Haass Public Library N64 W23820 Main St. Sussex, WI 53089 (262)246-5180 http://www.phplonline.org/
Heart Health: You’re Your Numbers Wed. March 8 at 1:30	St. Patrick’s Celebration Gaelic Harp Performance Thurs. March 16 at 7:00 p.m.	Downsizing? Let’s Get Started! Thurs. March 23 at 1:00 p.m.

St Patrick's Day Word Search

G	D	P	K	Z	Z	R	O	N	M	U	P	E	H	B
O	U	L	W	R	N	U	O	L	G	V	X	J	G	L
L	B	D	Y	M	K	I	I	Z	U	L	U	I	A	A
D	S	W	C	Y	T	U	E	Q	B	O	X	T	L	R
F	R	B	Z	I	S	H	A	M	R	O	C	K	E	N
M	H	H	D	N	N	H	V	T	O	Y	N	X	L	E
L	F	A	U	E	K	U	S	P	Z	Y	E	J	L	Y
S	R	O	C	U	C	K	A	I	U	B	E	O	I	G
T	A	N	L	A	L	T	P	H	R	Y	R	P	H	Z
L	A	I	G	K	R	I	C	K	C	I	G	O	S	B
D	B	I	N	I	L	P	U	R	R	E	V	O	L	C
K	E	A	C	T	H	O	Y	N	G	E	R	U	V	M
W	Z	K	R	I	F	L	R	V	N	Z	C	P	M	C
X	P	K	Z	D	H	O	I	E	G	K	Z	V	E	T
P	A	D	D	Y	O	S	Y	T	V	F	O	X	T	L



Search for the words below hidden in the puzzle. Look backwards, forwards, horizontal, and diagonal!

BLARNEY	GOLD	LUCK	SHAMROCK
CLOVER	GREEN	PADDY	SHILLELAGH
DANCE	IRISH	PATRICK	TRADITION
FOLKLORE	LEPRECHAUN	SAINT	

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